



# DASH MASHA 2X®



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## DASH MASHA®

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PLEASE READ AND SAVE THIS  
INSTRUCTION AND CARE MANUAL

When using electrical appliances, basic safety precautions should be followed, including:

- Read all instructions.
- Remove all bags and packaging from appliance before use.
- Never leave appliance unattended while in use.
- Make sure the appliance is cleaned thoroughly before using.
- This appliance is intended for household use only.
- This product is designed to mash food. It is intended to be hand held and to be used in pots and pans only after they have been removed from a stove or a similar cooking surface. Improper use of the Dash Masha can result in property damage or even in personal injury.
- For maintenance other than cleaning, please contact StoreBound directly at 1-800-898-6970 from 7AM – 7PM PST Monday – Friday or by email at support@storebound.com.
- Do not place hands or fingers near the Rotor while the appliance is plugged in.
- Never touch the Rotor while it is spinning.
- Close supervision is necessary when appliance is used by or near children.
- Avoid contacting moving parts
- Do not operate any appliance with a damaged cord or plug.
- Portable – Do not operate any appliance with a damage cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or electrical or mechanical adjustment.
- Do not use the appliance if any of the parts are damaged.
- Never operate the Masha without its proper accessories.

- Do not place appliance on or near a hot gas burner, hot electric burner, or in a heated oven.
- To prevent the risk of fire, electric shock, or personal injury, do not place the cord, plug, or unit near water or other liquids.
- When using extension cords, make sure the electrical rating of the wire is compatible with the appliance.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge unless they are provided with supervision and instruction concerning use of the appliance by a person responsible for their safety.
- Do not use attachments that are not recommended by the appliance manufacturer, as this may result in fire, electric shock or personal injury.
- Keep hair and loose clothing away from the Masha while in use to prevent these items from becoming entangled in the Rotor.
- Always be sure to turn off and unplug the Masha prior to assembly, disassembly, cleaning, and storage.
- Always use your appliance from a power outlet of the correct voltage (A.C. only) as marked on the appliance.
- Do not let the power cord touch hot surfaces as the cord may become damaged by the heat.
- Do not let the cord hang over the edge of tables or counters.
- When cleaning the Masha, detach the Masher Cone containing the Rotor from the Motor Unit and wash. **Never immerse the motor unit in water or any other liquid.**
- Do not use appliance outdoors or for commercial purposes.
- StoreBound shall not accept liability for damages caused by improper use of the appliance.

ABOUT YOUR DASH MASHA

Congratulations! We hope you're excited to start making delicious recipes with your new Dash Masha. The Masha uses an extrusion process rather than a cutting or blending process, meaning that the starch grains remain intact.

Mashed potato most commonly refers to a crushed mixture of cooked potato, milk, cream, butter, and herbs. The potato is crushed so that the starch grains remain relatively undamaged. If the starch grains are ruptured by either over cooking or aggressive blending, they release amilose which creates an undesirable glue-like texture. The Masha ensures consistently smooth results with no lumps.



Clean your Dash Masha thoroughly before using. Always be sure to unplug the appliance prior to cleaning or storing.

**WARNING:** The Dash Masha Motor Unit is NOT dishwasher safe.

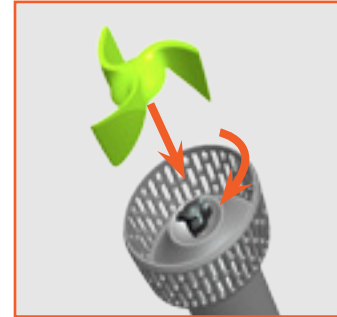
## BEFORE FIRST USE

- Remove all packaging material and stickers before using your Dash Masha.
- **DO NOT SUBMERGE** the Motor Unit in water or other liquids. Instead, use a slightly damp cloth to wipe down the surface.
- Detach the Masher Cone from the Motor Unit. Next, rotate the Rotor counterclockwise so that it disconnects from the Cone. Wash the Masher Cone and Rotor in warm, soapy water.
- **ATTENTION:** Do not use abrasive scrubbers, sponges, or chemical cleaners as they will damage the appliance.

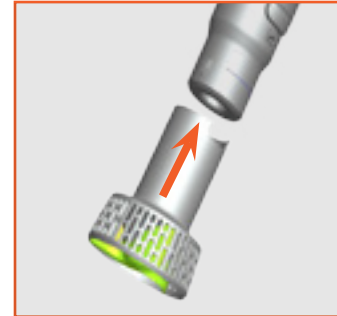
## DISASSEMBLY AND CLEANING

- Before cleaning your Masha, release the On/Off Button and unplug the cord from the wall outlet.
- Wipe down the Motor Unit with a soft, slightly damp cloth.
- Remove the Masher Cone by simply pressing the Masher Cone Release buttons located on the sides of the Motor Unit.
- Turn the Rotor counterclockwise until you hear a 'click'. Remove Rotor from Masher Cone and wash both components in warm, soapy water.
- After washing and drying thoroughly, reattach the Rotor by turning it clockwise until it locks into place at the base of the Masher Cone.

## ASSEMBLY



1. Insert the Rotor into the Masher Cone. Rotate the Rotor clockwise until a 'click' is heard.



2. Insert the Motor Unit into the top of the assembled Masher Cone. Make sure the Masher Cone Release buttons align with the two indents on the Masher Cone.



3. Plug in your Dash Masha and begin!

# USING YOUR MASHA

## PREPARATION

Peel and cut potatoes into small cubes. Place in a pot filled with cold water. Boil the potatoes until they pass the fork test. If you can easily stick a fork in them while the potatoes still offer a little resistance, they are ready. The cooking time will vary depending on the amount of potatoes and water.

Cutting the potatoes into smaller pieces and placing them in cold water allows the potatoes to cook through evenly. Larger pieces placed in hot water tend to be overcooked on the outside by the time the inside is cooked.

## USING YOUR MASHA

1. Plug your Masha cord into a power outlet. The Power Indicator Light located at the top of the Motor Unit will turn green to indicate that the appliance is connected to the power and ready for use.
2. Hold down the On/Off button. The Rotor will start rotating quickly.
3. Lower the Masha into the bowl containing the food you want to mash. Repeatedly lift and lower the Masha onto the contents of the bowl so that everything is mashed by the spinning Rotor.
4. When you are sure everything has been processed (usually takes about 10 seconds), your mash is ready.

# RECIPES

Visit our instagram @unprocessyourfood for more recipes!



## MASHED POTATOES



## INGREDIENTS

- 2½ lbs. (about 5 ct.) large russet or yukon gold potatoes, peeled and diced into 2-inch cubes
- ½ to 1 cup half-and-half, heated
- 5 tbsp unsalted butter, softened
- salt and pepper (to taste)

## DIRECTIONS

Place potatoes in a pot and fill with just enough cold water to cover. Salt the water (1 tablespoon of salt recommended). Heat on high heat and bring water to a boil. Reduce heat to medium-low and cover with a lid. Let simmer for about 10 minutes or until they pass the fork test. If you can easily stick a fork in them while the potatoes still offer a little resistance, they are ready. Drain the potatoes.

In a large bowl, combine potatoes and remaining ingredients. Process with your Masha until desired consistency is reached. Salt and pepper to taste.

*Chef Tip: For a big holiday get-together, you can double or even triple the recipe.*

## ITALIAN-STYLE GREEK YOGURT MASHED POTATOES



## INGREDIENTS

- 2½ lbs. (about 5 ct.) large russet or yukon gold potatoes, peeled and diced into 2-inch cubes
- 2 medium-size garlic cloves, minced
- 2¼ cups non-fat Greek yogurt
- 4 tbsp grated pecorino romano cheese
- 1 tbsp unsalted butter, softened
- 3 tbsp extra virgin olive oil, divided
- 6 leaves fresh basil, chopped

## DIRECTIONS

Boil and drain potatoes (see page 12 for instructions). In a large bowl, combine potatoes, Greek yogurt, and butter. Process with your Masha until smooth. On medium-low heat, sauté garlic in 1 tablespoon olive oil, making sure not to brown the garlic. As garlic yellows, stir in the basil. After 1-2 minutes, remove from heat.

Add the cheese, remaining olive oil, and sautéed garlic and basil to the mashed potatoes and blend thoroughly with the Masha. Salt and pepper to taste.

## MASHED SWEET POTATOES



## INGREDIENTS

- 4 medium-size sweet potatoes, peeled and diced into 2-inch cubes
- ¾ cup full-fat coconut milk
- 1 tbsp fresh ginger, minced
- salt (to taste)

## DIRECTIONS

Place sweet potatoes in a pot and fill with just enough cold water to cover. Salt the water (1 tablespoon of salt recommended). Heat on high heat and bring water to a boil. Reduce heat to medium-low and cover with a lid. Let simmer for about 10 minutes or until they pass the fork test. If you can easily stick a fork in them while the potatoes still offer a little resistance, they are ready. Drain the potatoes.

In a large bowl, combine sweet potatoes and remaining ingredients. Process with your Masha until desired consistency is reached. Salt to taste. Garnish with brown sugar and chopped pecans.

## CLEAN EATING SWEET POTATO PIE FILLING



## INGREDIENTS

- 2 sweet potatoes (1½ lb. combined)
- 2 tbsp light butter, softened
- stevia (optional to taste)
- ½ cup low fat milk
- 2 large eggs
- ½ tsp ground pumpkin pie spice
- ½ tsp ground cinnamon
- 1 tsp vanilla extract
- 9-inch pie crust

## DIRECTIONS

Preheat oven to 350° F. Boil sweet potatoes for approximately 50 minutes or until soft. Pour cold water over sweet potatoes and remove the skin. Place boiled, peeled potatoes in a large bowl and purée with the Masha. Using a spatula or a spoon, stir in the butter. You may add stevia to taste.

Mix the milk, eggs, cinnamon and vanilla extract into the sweet potatoes with the Dash Masha until well-combined.

Pour the filling into your prepared, unbaked sweet potato 9-inch pie crust (see pages 16-17). Bake in the oven for about 50 to 60 minutes.



## CLEAN EATING SWEET POTATO PIE CRUST



## INGREDIENTS

- 2 cups sifted gluten-free flour mixture
- 1½ tbsp stevia
- ½ tsp salt
- ½ cup coconut oil
- 4 tbsp ice cold water
- ½ tsp vanilla
- 1 tbsp confectioners sugar
- a little olive oil, butter or non-stick cooking spray

## DIRECTIONS

*In a medium bowl, use the Masha to blend the flour, stevia and salt.*

*Melt the coconut oil in a small saucepan. In a separate bowl, combine the coconut oil (now a liquid), water and vanilla.*

*Using your finger, make a well in the center of the dry ingredients. Pour in the liquid mixture.*

*Mix with the Masha until the dough holds together.*

*Knead with your hands. Roll the dough into a smooth ball.*



## DIRECTIONS CONTINUED...

*On a clean countertop, cutting board or hard surface, sprinkle the confectioners sugar onto a sheet of plastic wrap (about 10 to 12 inches long.)*

*Place the dough on the sheet. Turn and flip it so that the dough is thoroughly coated with the sugar.*

*With a rolling pin, roll out the dough into an 11-inch circle. Rub a 9-inch pie plate with a little olive oil, butter or non-stick cooking spray.*

*Carefully lower the rolled dough into the pan. Scallop the edges.*

## GARLIC MASHED CAULIFLOWER



## INGREDIENTS

- 1 head cauliflower, washed and chopped into florets
- 3 tbsp fresh goat cheese
- 3 tbsp grated Parmesan cheese
- ½ tsp salt
- ¼ tsp fresh ground black pepper
- ¼ tsp garlic powder
- ¼ tsp onion powder

## DIRECTIONS

Place a steamer insert into a saucepan and fill with water up to just below the bottom of the steamer. Bring water to a boil. Add cauliflower. Cover and steam until tender (about 10 minutes).

Remove cauliflower and place in a large bowl. Stir in goat cheese, salt, pepper, garlic and onion powder.

Purée with the Masha until the cauliflower mixture resembles the consistency of mashed potatoes.

Serve with low fat butter or a drizzle of extra virgin olive oil.

## MASHED CILANTRO-LIME CASSAVA



## INGREDIENTS

- 2 lbs. (4 cups when cubed) cassava
- ½ cup skim milk
- 2 garlic cloves, minced
- ½ tsp coarse black pepper
- 1 tsp unsalted butter
- 2 tbsp extra virgin olive oil
- 2 tbsp fresh lime juice
- 1 small onion, diced
- 1 bunch cilantro, stems removed and chopped
- salt (to taste)

## DIRECTIONS

Peel and cut the cassava into medium-sized cubes. Make sure all of the skin is removed. Fill a large saucepan with cassava and enough cold water to cover. Salt the water (1 tablespoon of salt recommended). Heat on high heat, bringing the water to a boil. Reduce to medium-low and cover with a lid. Let simmer for 15-20 minutes or until soft. Strain and place in a large bowl with butter, milk, and pepper. Process with the Masha until desired consistency is met.

On medium-low heat, sauté the garlic and onions in olive oil. As the onions soften, stir in the cilantro and lime juice. After 3-5 minutes, remove from heat. Add to mashed cassava and blend thoroughly with the Masha. Salt and pepper to taste.

## BRIOCHE POTATOES



## INGREDIENTS

- 4 lbs. potatoes, washed and peeled
- 3 egg yolks
- 4 tbsp low fat butter
- salt (to taste)
- pepper (to taste)
- 1 cup oat flour
- low fat milk (for glazing)

## DIRECTIONS

Preheat oven to 450° F. Place your cleaned, peeled potatoes into a large pot. Fill with enough water so that the potatoes are covered. Boil for 25-30 minutes or until soft. Drain and place in a large mixing bowl. Add butter and egg yolks. Purée with the Masha. Salt and pepper to taste.

Coat a 16-cup muffin tin with non-stick cooking spray. Pour oat flour onto a clean, dry surface. Scoop out 1/3 to 1/2 cup of potato mixture at a time and roll into a ball, making sure to coat thoroughly with flour. Place a rolled, coated potato ball in each individual muffin tin or individual ramekins.

Store any extra mixture in the refrigerator for later use. Prepare coating mixture by blending egg yolks and milk with your Masha. Pour mixture into a small bowl. Use a brush to lightly coat each muffin with the egg mixture. Bake muffins in the oven for approximately 30 minutes or until golden brown. Allow to cool for 15 minutes. Remove brioche potatoes from muffin tin and serve.

## GUACAMOLE



## INGREDIENTS

- 6 large ripe avocados
- 1/2 onion, chopped
- 1/3 cup fresh cilantro, finely chopped
- 1 small tomato, diced
- 2 green chiles, diced
- 1 large clove garlic, minced
- fresh lime juice (to taste)
- sea salt (to taste)

## DIRECTIONS

Slice avocados, peel and seed. Put avocados, onion, and cilantro in a large mixing bowl and mix with the Dash Masha.

Once you reach the consistency desired, add in the tomato, chiles, and garlic. Continue to blend with the Masha. Add lime juice and sea salt to taste. Garnish with a sprig of fresh cilantro. Serve chilled with chips.



## CLASSIC HOMEMADE APPLESAUCE



## INGREDIENTS

- 4 lbs. apples (any kind), washed
- 1 cup water
- 1½ tsp powdered stevia
- 3 tbsp fresh lemon juice
- 1 tbsp cinnamon
- ½ tsp salt

## DIRECTIONS

Core, peel, and cut the apples into small chunks. Place the apple pieces in a large pot. Add water, stevia, lemon juice, salt and cinnamon. Place pot over a medium-low burner. Cover with a lid. Let the apples simmer for approximately 20 to 30 minutes or until apples are soft.

Remove pot from heat and scoop apples into a large bowl. Use the Masha to purée the apples until you reach the desired consistency. Serve warm or chilled.

## APRICOT JAM



## INGREDIENTS

- 8 cups fresh apricots, peeled, pitted, and crushed
- ¼ cup fresh squeezed lemon juice
- ¾ cup stevia

## DIRECTIONS

In a large pot, purée apricots and lemon juice with the Masha. Place the pot on a medium-high burner. Stir in the stevia. Bring to a boil, stirring frequently until the stevia dissolves.

Reduce the heat to medium. Continue to stir the apricot mixture until it thickens (about 25 minutes.)

Remove from heat and skim foam (if necessary). Allow to cool and then store in the refrigerator in an air-tight jar or container.

## BLACK BEAN PATTIES



## INGREDIENTS

- 1 (15 oz.) can diced white potatoes, drained
- 1 (15 1/2 oz.) can black beans, drained
- 1 tbsp dehydrated minced onion
- 1 tsp dried parsley (or 2 tbsp minced fresh parsley)
- 3/4 cup breadcrumbs (or 1/2 cup quick oatmeal)
- salt and pepper (to taste)

## DIRECTIONS

Put potatoes and black beans into a large mixing bowl and mix with the Masha. Add the onion, parsley, breadcrumbs, salt and pepper.

Divide the mixture into 6 (or more if you prefer smaller patties) equally sized balls.

Press the balls down on a clean, hard surface to shape them into patties.

Coat a medium-sized skillet with olive oil or non-stick cooking spray.

Over medium heat, cook the patties until golden brown on both sides (approximately 5 minutes per side.)

Let cool for 10 minutes then serve.

*Chef Tip:* Serve on a whole wheat bun with avocado slices, tomato, lettuce, mustard, and a little ketchup or aioli.



## WHOLE WHEAT PANCAKES



## INGREDIENTS

- 2 cups milk
- 2 cups whole wheat flour
- 1 cup unbleached all-purpose flour
- 4 tsp sugar
- 4 tsp baking powder
- 6 tbsp vegetable oil
- 1 tsp salt
- 2 eggs

## DIRECTIONS

Mix the dry ingredients together with the Batter Cone until well-combined. In a separate bowl, beat the eggs, then stir in the remaining liquids. Make a well in the dry ingredients with your finger and pour in the liquid mixture. Using the Masha, mix the batter until most of the lumps are gone. Make sure not to over mix!

Place a skillet over medium to medium-high heat. Pour the batter into the pan, making several 4" circles. Flip the pancakes once the center starts to bubble and the edges begin to dry or appear firm.

Stack pancakes on a plate, drizzle with Grade A maple syrup and serve!

## WHIPPED CREAM



## INGREDIENTS

- 2 cups heavy cream
- 1 tsp vanilla extract
- ¼ cup agave (to taste)

## DIRECTIONS

Pour the heavy cream, agave and vanilla extract into a cylinder.

Insert the Batter Cone into the Masha. Mix ingredients together by moving the Masha up and down. Process until fluffy.

Refrigerate before serving. Enjoy with berries, waffles or hot cocoa!



## CLEAN BANANA NUT BREAD



## INGREDIENTS

- 2 - 3 bananas
- 2 ½ cups whole wheat or gluten-free flour
- 2 ½ cups baking soda
- 1 tsp salt
- ⅔ cup puréed apples
- 3 organic eggs
- 4 tbsp almond milk
- 1 cup chopped walnuts, divided

## DIRECTIONS

Preheat the oven to 325°F. Prepare two 8" x 4" loaf pans by coating them with melted butter or cooking spray. Sprinkle a thin layer of flour over the pans, turn upside down and lightly tap to remove any excess flour.

Using the Masher Cone, mash the bananas. Put flour, baking soda and salt in a bowl and sift together with the Batter Cone. In a separate bowl, combine puréed apples with eggs and almond milk.

Make a well in the dry ingredients with your finger and pour in the liquid mixture. Mix with the Masha until well-combined. Stir in 1/2 cup walnuts and mashed banana.

Divide the batter evenly between the two loaf pans. Sprinkle remaining 1/4 cup of walnuts on top. Bake in the oven for approximately 50-60 minutes or until a toothpick inserted into the bread's center comes out clean.

Let bread cool for 15 minutes. Carefully turn out the loaves onto a wire rack.



For product support, warranty and maintenance related questions, please contact StoreBound directly at: 1-800-898-6970 from 7AM - 7PM PST, Monday - Friday, or by email at [info@storebound.com](mailto:info@storebound.com).

REPAIRS

**DANGER!** Risk of electric shock! The Dash Masha® is an electrical appliance. Do not attempt to repair the appliance yourself under any circumstances.

Contact customer service regarding repairs to the device.

TECHNICAL SPECIFICATIONS

Model Number DMA001WHB  
Voltage 120V ~ 60Hz  
Power Rating 160 W

Stock#: DM-20140121V4

STOREBOUND, LLC - 1 YEAR LIMITED WARRANTY

Your StoreBound product is warranted to be free from defects in material and workmanship for a period of one (1) year from the date of the original purchase when utilized for normal and intended household use. Should any defect covered by the terms of the limited warranty be discovered within one (1) year, StoreBound, LLC will repair or replace the defective part. To process a warranty claim, contact customer care at 1-800-898-6970 for further assistance and instruction. A customer care agent will conduct troubleshooting in an attempt to fix any minor problems. If troubleshooting fails to fix the problem, a return authorization will be issued. Proof of purchase indicating date and place of purchase is required and should accompany the return. You must also include your full name, shipping address, and telephone number. We are unable to ship returns to a PO Box. StoreBound will not be responsible for delays or unprocessed claims resulting from a purchaser's failure to provide any or all of the necessary information. Freight costs must be prepaid by the purchaser.

**Send All Inquiries To: [info@storebound.com](mailto:info@storebound.com)**  
There are no express warranties except as listed above.

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